

## **Abstrakt**

- Title:** The level of physical activity during the week in adolescent football players
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- Aim:** The aim of the research was to determine the level of physical activity (PA) in the weekly mode with teenage football players in the junior category (16 - 17 years old) and older adolescents (18 - 19 years old). At the same time to evaluate the level of the PA in relation to selected health recommendations for the size of the PA.
- Methods:** In the research participated a total of  $n = 66$  players (players younger junior players  $n = 36$ ;  $15.8 \pm 0.8$ , older adolescents  $n = 30$  players;  $17.2 \pm 0.75$ ). For testing of selected player were used 25 accelerometers, 14 of them was a type ActiGraph GT3X and 11 type ActiGraph GTM1. The level of PA was observed during seven days.
- Results:** The average daily value of energy expenditure reached in the younger category of  $10.9 \pm 2.7$ , with the older  $9.1 \pm 3.2$ . Both categories fulfilled health recommendations. In the case of the daily number of steps, both categories have reached the recommended values, the values of the younger reached  $13,625 \pm 3049$  and the older  $11061 \pm 3873$ . The average daily value of medium to high intensity PA exceeded both categories used worldwide recommendations for the minimum daily amount of moderate to high intensity PA, which is 60 minutes while the younger category values were  $103 \pm 29,7$  min older and  $81.3 \pm 32$  3. The results show that younger players category are physically active and participate in regular PA may lead to the fulfillment of the recommended values.
- Key words:** physical activity, soccer, health recommendation, youth, adolescent, steps, energetic output